Wisdom for Young Women

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My: Why?

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I started working on the concept of this book when I was 13 years old. I had a vision in mind to help young women, but I never decided to follow through on it. I look back at times and wonder why I let fear and indecision take a hold of me after I had already successfully published two books at age 11 and 12.

I dedicate the chapter: "Don't Wait", to the topic of waiting on things that are of value to us as women.

My "Why?" is women all around the world who may have never received any of the wisdom in this book or who may could use a refresher course; ultimately, my "Why?" is YOU. This book also speaks to my heart as a young woman, and the even younger woman I used to be.

Don't Wait

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If you want to achieve something, don't wait. If you want to travel somewhere, don't wait. If you want to experience something *good,* don't wait. Easy it is to put dreams, ambitions, and goals on hold, but all of these are valuable because they belong to *you*. Don't over sit or procrastinate on your dreams; live them--*starting today*.

Respect Your Parents, But Think for Yourself

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For those of us who have grown up with decent parents, it is consequential for us to remember that it is only in our best interest to treat our parents with respect and good-will. However, one thing we must not forget is to think for ourselves and to question the ideas and beliefs of those who try to instill theirs into us. In order to cultivate your true identity--who you really are--you must think for yourself and be responsibly skeptical of all who try to pin any part of their identity onto you. Before you adopt and integrate the beliefs, values, ideas, and ways of living life from your parents, take the time to both question and ponder them. You won't regret it.

Save Early

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If you don't know what a 401K or a Retirement Account (e.g. IRA and ROTH IRA) is, it's an account you put money in to ensure you have money saved up for when you stop working. Retirement Accounts--specifically, ROTH IRAs--are extra advantageous because any money you invest can be taken out (penalty free) in case of emergencies. Remember to also establish an emergency fund (3-6 months to start out and then 8-12 months to cover things like loss of job) to cover unexpected life events.

You might think you don't need to start saving and investing now but think again because ***compound interest is only ultimate best friends with the young***; the earlier you save and invest, the less you will have to save and invest over your lifetime. If you don't know a thing about money, a good

starting point would be one of my finance books called: Level 1: Finance for Women.

Find What You're Good At

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Kids have interests and things they enjoy doing; we often are good at certain activities at a young age, but sometimes these skills aren't properly cultivated, or they're forgotten. What activities make you come alive and feel like time is nonexistent? Take note, and don't ignore the signs. Finding what you're good at will save you time in the future and prevent you from wasting time on things you don't want to do. What are you good at?

Cliché (I know), but Don't Focus on Thoughts of Others

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Paralysis and unproductive use of time; that's what happens when one starts to focus on what other people are thinking. It makes a person indecisive, paranoid, unfocused, and unproductive. We hear people say all the time, don't be concerned about what others think or feel about you, just do your thing, but how many of us actually listen to this popular advice? It sure would save so many of us years of heartache if we did.

Virginity (Gain or Share?)

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First off, I loathe this word: virginity. You either have sex or you don't--that is it. For the record, it doesn't make a person more or less valuable if they have had sex or not. If you want to wait until you sign a piece of paper to have sex, that is completely fine, and if you don't, that is also completely fine; the goal with sex is to make wise decisions when you participate in it. Never look at sex as something you give away or something that gets *taken* from you; look at sex as a shared experience, and choose to share the experience with someone you won't feel crossed about when you do decide to engage in this experience with them (in other words choose someone who is **worthy** of sharing the experience with you).

S.E.X.

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Naivety and unprotected sex are best friends; get your partner, and yourself, checked out before engaging in sex (don't be coy or play games either, be there to get the results with your partner). But remember, you're still taking a risk if you have unprotected sex with someone that gets checked out, because at the end of the day, we don't always know what people are doing behind closed doors. I recommend you use condoms and some sort of consistent contraceptive; if you're in a diverse or same-sex relationship, still take necessary precautions that are both comfortable and smart for you and your partner. Remember, trust comes first, then sex--and *never rush the trust part*. It takes about 2 or more years to get to know someone, and that still might just be getting to know the surface for some people.

R.E.A.D.

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I've always felt like self-education is the best form of education--plus it's free. For most of us, books are a dime a dozen; they are literally everywhere waiting for us to simply take advantage of them to GROW, LEARN, DISCOVER, and FLOURISH. If you don't like to read, I challenge you to listen to podcasts, read quotes, watch videos, or read short articles to switch it up; it doesn't matter if the content is long or short as long as it adds positive value to *your* life.

Ignorance isn't bliss; ignorance is just synonymous with lost opportunities.

Every day, do something that will better the *you*, you are today.

Settle or Challenge

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Okay, so as a female (with some feminist flare), I make the claim that an ample number of women settle with their: relationships, careers, health, education, finances, etc. It's like some of us forget that we can ask for more, while actually believing we deserve it. I guarantee that someone will challenge your standards and say, "What you want is not really attainable nor is it realistic", but it doesn't matter what they think; what matters is that you go for what you feel and believe is right for you.

Write down what you want in your life (relationships, career, health, finances, etc.) on paper, your phone, your mirror, or wherever. Now after you have done this, I want you to get out of your comfort zone and challenge what you originally wrote, and aim higher; do a re-write.

Don't Settle and make it a habit to challenge ***realistic*** *expectations.*

Outlets

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Stress is unavoidable; it makes a visit in our lives at some point, if not often, and this is why we all need to have our positive outlets.

Positive outlets are activities that help us get through everyday life in a healthy manner; some outlets might include: exercise, using essential oils, eating healthy, having positive hobbies that are fun and stress relieving, etc.

What we all want to avoid as young women is: addiction; this usually occurs when we engage in negative outlets whenever we are bored or *going through it*. Addictions are difficult to overcome, and difficult to come back from (but it's more than possible).

Focus on creating more positive outlets for yourself to get through life in a way that will not be detrimental to your soul, body, mind, and spirit.

M.A.R.R.I.A.G.E.

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Let me be the one to tell you:

You don't have to get married just because you can relate to any of the following reasons:

1. You're in love
2. You got pregnant by someone
3. You are not financially independent
4. You are lonely
5. You crave a dream wedding
6. You had sex with someone
7. You have been cohabitating with someone for a while
8. The concept seems convenient
9. The people closest to you keep asking about it
10. You want to have kids
11. You're getting *old*

Marriage is a choice that should never be taken lightly, and many of the reasons people get married are not good enough. Never rush marriage, take time to get to know someone, and you might want to consider doing therapy with a person (both together and individually) before you tie the knot; you might gain reassurance that you are making the right decision, or you might re-think your decision and dip the f*** out.

I'm sharing this for info and education only — not as financial or health advice. Always do your own research and talk to a licensed doctor or healthcare professional before making decisions about your health.